



# THE SHREWSBURY CLUB

*Tennis - Fitness - Athletics*

## 2018 Winter/Spring Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:45 AM	<b>Muscle Mix</b> Ellen C.	<b>Spin</b> Julie	<b>Fit Express</b> Liz	<b>Spin</b> Ellen C.	<b>Total Body Blast</b> Julie			5:45 AM
7:30 AM						<b>Spin</b> Ellen C.		7:30 AM
8:30 AM	<b>Muscle Mix</b> Liz	<b>Triple Threat</b> Liz	<b>Tabata Kick</b> Liz	<b>Spin</b> Liz	<b>Turf Wars</b> Liz	<b>Core Fusion</b> Ellen C.	<b>Barbell</b> Melissa	8:30 AM
9:00 AM	<b>Barre</b> Stephanie							9:00 AM
9:30 AM	<b>Spin</b> Liz	<b>Yogalates</b> Mary		<b>Yoga</b> Ellen D.		<b>Yoga-Pilates</b> Mary		9:30 AM
9:30 AM			<b>Zumba</b> Nicky	<b>Strong</b> Sanjeeta				9:30 AM
11:00 AM	<b>Zumba Gold</b> Mary	<b>Fun in Fitness</b> Mary	<b>Senior Yoga</b> Anne	<b>Senior Triple</b> Priya				11:00 AM
5:30 PM	<b>Double Threat</b> Julie / Lori	<b>Muscle Mix</b> Ellen C.	<b>Barre</b> Jess	<b>Triple Threat</b> Melissa				5:30 PM
6:30 PM	<b>Yoga Stretch</b> Julie / Anne	<b>Funky Spin</b> Liz	<b>Spin</b> Lori	<b>Pilates</b> Lori				6:30 PM
7:30 PM		<b>Fit Express</b> Liz						7:30 PM

Schedule subject to change periodically.

In consideration for the instructor & other participants, please be on time to class.

All 5:45 classes are 45 mins long.

**Barbell**

Using the barbell in an inspiring, motivating group environment with fantastic music! Work your muscles in every way.

**Barre**

A mix of yoga, Pilates and ballet that has you maintaining proper body alignment and freeing joints from additional stress.

**Core Fusion**

An athletic workout featuring the best of Pilates, traditional abdominal exercises and stretching basics. You will develop pelvic floor strength and flexibility!

**Double Threat**

A decisive combination of heart-pumping intervals combined with strength sets. All levels welcome!

**Fit Express**

A sports-inspired cardio class that brings out the inner athlete! In this challenging format you perform stationary cardio exercises and weighted sets.

**Fun in Fitness**

Have fun and move through a variety of exercises designed to increase muscular strength and range of motion. A chair is used for extra support if needed.

**Senior Triple**

A blend of dance aerobics followed by light weights, resistance bands, ball and gliding discs! A highlight of this workout is the focus on balance and agility.

**Spin/Funky Spin– Cycle Studio**

55 minutes of the best of indoor cycling choreography! Great music, instructor cueing and motivational techniques give you a superior calorie burn.

**Strong**

A non-dance based class revolving around high-intensity body resistance training while moving to the beat.

**Tabata Kick**

60 minutes of 20 seconds of high intensity (modifiable) and 10 seconds of active rest merging the calorie torching disciplines of HIIT with cardio kickboxing.

**Total Body Blast**

A high energy class designed for maximum calorie burn in the shortest amount of time while having fun.

**Triple Threat**

A three-way battle of the best of fitness! 16 minutes of HIIT cardio, 14 minutes of strength sets and ends with rounds of concentrated core work.

**Turf Wars**

Utilizing the open space of the turf, sled pushing, tire flipping weight and cardio mix

**Yoga/Senior Yoga/ Yoga Stretch**

This mind/body workout will increase strength, flexibility and you will learn meditation and relaxation techniques.

**Yogalates/Yoga/Pilates**

The best of both worlds! You will experience the traditional asanas of Yoga coupled with the core stabilizing exercises of Pilates.

**Zumba/Zumba Gold**

A dance class featuring exotic rhythms set to high-energy Latin and international beats. It's easy to do, effective and fun. Gold modifies the pacing for older participants & beginners.